

## CLAIMS

What is claimed is:

1. A method of creating a data sequence, comprising:

placing a training sequence at a beginning of a data frame;

5 placing a plurality of the blocks of encoded data within the data frame following the training sequence; and

interspersing a plurality of submarkers within the encoded data blocks.

2. The method of claim 1 wherein the interspersing of the submarkers

10 comprises interspersing one of the submarkers between two encoded data blocks.

3. The method of claim 1 wherein the interspersing of the submarkers comprises interspersing each of the submarkers between different pairs of the encoded data blocks.

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4. The method of claim 1 wherein the interspersing of the submarkers comprises interspersing one of the submarkers within one of the encoded data blocks.

20 5. The method of claim 1 wherein the interspersing of the submarkers comprises interspersing each of the submarkers within a different one of the encoded data blocks.

25 6. The method of claim 1 wherein the interspersing of the submarkers comprises copying at least a portion of the training sequence at the beginning of the data frame, and interspersing the copied training sequence between one of the encoded data blocks.

30 7. The method of claim 1 wherein the interspersing of the submarkers comprises copying the training sequence at the beginning of the data frame, and interspersing the copied training sequence between one of the encoded data blocks.

8. The method of claim 1 wherein the interspersing of the submarkers comprises copying at least a portion of the training sequence at the beginning of the data frame, and interspersing the copied training sequence between each of the encoded data blocks.

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9. The method of claim 1 wherein the interspersing of the submarkers comprises copying the training sequence at the beginning of the data frame, and interspersing the copied training sequence between each of the encoded data blocks.

10. A training sequence and submarker insertion apparatus, comprising:  
an input adapted to receive a plurality of encoded data blocks; and  
an inserter adapted to insert a training sequence before the encoded data blocks  
and insert a plurality of submarkers within the encoded data blocks thereby creating a  
5 data frame.

11. The training sequence and submarker insertion apparatus of claim 10  
wherein the input comprises an input queue.

10 12. The training sequence and submarker insertion apparatus of claim 11  
wherein the input queue comprises a first-in-first-out storage device.

13. The training sequence and submarker insertion apparatus of claim 10  
further comprising an output adapted to buffer the data frame.

15 14. The training sequence and submarker insertion apparatus of claim 13  
wherein the output comprises an output queue.

20 15. The training sequence and submarker insertion apparatus of claim 10  
wherein the inserter is adapted to insert one of the submarkers between two encoded  
data blocks.

25 16. The training sequence and submarker insertion apparatus of claim 10  
wherein the inserter is adapted to insert each of the submarkers between different pairs  
of the encoded data blocks.

17. The training sequence and submarker insertion apparatus of claim 10  
wherein the inserter is adapted to insert one of the submarkers within one of the  
encoded data blocks.

18. The training sequence and submarker insertion apparatus of claim 10 wherein the inserter is adapted to insert each of the submarkers within a different one of the encoded data blocks.

5 19. The training sequence and submarker insertion apparatus of claim 10 wherein the inserter is adapted to insert at least a portion of the training sequence between one of the encoded data blocks in addition to inserting the training sequence at the beginning of the data frame.

10 20. The training sequence and submarker insertion apparatus of claim 10 wherein the inserter is adapted to insert the training sequence between one of the encoded data blocks in addition to inserting the training sequence at the beginning of the data frame.

15 21. The training sequence and submarker insertion apparatus of claim 10 wherein the inserter is adapted to insert at least a portion of the training sequence between each of the encoded data blocks in addition to inserting the training sequence at the beginning of the data frame.

20 22. The training sequence and submarker insertion apparatus of claim 10 wherein the inserter is adapted to insert the training sequence between each of the encoded data blocks in addition to inserting the training sequence at the beginning of the data frame.

25 23. The training sequence and submarker insertion apparatus of claim 10 wherein the inserter is programmable as to the insertion of the submarkers within the encoded data blocks.

30 24. The training sequence and submarker insertion apparatus of claim 23 wherein the inserter is programmable to insert the submarkers between the encoded data blocks or insert the submarkers within the encoded data blocks.

25. A training sequence and submarker insertion apparatus, comprising:  
receiving means for receiving a plurality of encoded data blocks;  
insertion means for inserting a training sequence before the encoded data  
blocks and inserting a plurality of submarkers within the encoded data blocks thereby  
5 creating a data frame.

26. The training sequence and submarker insertion apparatus of claim 25  
wherein the insertion means comprises an input queue.

10 27. The training sequence and submarker insertion apparatus of claim 26  
wherein the input queue comprises a first-in-first-out storage device.

28. The training sequence and submarker insertion apparatus of claim 25  
further comprising an output means for buffering the data frame.

15 29. The training sequence and submarker insertion apparatus of claim 28  
wherein the output means comprises an output queue.

20 30. The training sequence and submarker insertion apparatus of claim 25  
wherein the insertion means comprises means for inserting one of the submarkers  
between two encoded data blocks.

25 31. The training sequence and submarker insertion apparatus of claim 25  
wherein the insertion means comprises means for inserting each of the submarkers  
between different pairs of the encoded data blocks.

32. The training sequence and submarker insertion apparatus of claim 25  
wherein the insertion means comprising means for inserting one of the submarkers  
within one of the encoded data blocks.

33. The training sequence and submarker insertion apparatus of claim 25 wherein the insertion means comprises means for inserting each of the submarkers within a different one of the encoded data blocks.

5 34. The training sequence and submarker insertion apparatus of claim 25 wherein the insertion means comprises means for inserting at least a portion of the training sequence between one of the encoded data blocks in addition to inserting the training sequence at the beginning of the data frame.

10 35. The training sequence and submarker insertion apparatus of claim 25 wherein the insertion means comprises means for inserting the training sequence between one of the encoded data blocks in addition to inserting the training sequence at the beginning of the data frame.

15 36. The training sequence and submarker insertion apparatus of claim 25 wherein the insertion means comprises means for inserting at least a portion of the training sequence between each of the encoded data blocks in addition to inserting the training sequence at the beginning of the data frame.

20 37. The training sequence and submarker insertion apparatus of claim 25 wherein the insertion means comprises means for inserting the training sequence between each of the encoded data blocks in addition to inserting the training sequence at the beginning of the data frame.

25 38. The training sequence and submarker insertion apparatus of claim 25 wherein the insertion means comprises means for programming a position of the submarkers within the encoded data blocks.

30 39. The training sequence and submarker insertion apparatus of claim 25 wherein the insertion means comprises means for programming a position of the

submarkers to either insert the submarkers between the encoded data blocks or insert the submarkers within the encoded data blocks.

40. A method of creating a data sequence, comprising:  
encoding data into a plurality of encoded data blocks;  
creating a data frame comprising a first portion and a second portion, the first  
portion preceding the second portion in time;

5 placing a training sequence in the first portion of the data frame;  
placing the encoded data blocks in the second portion of the data frame; and  
interspersing a plurality of submarkers within the encoded data blocks.

41. The method of claim 40 wherein the interspersing of the submarkers  
10 comprises interspersing one of the submarkers between two encoded data blocks.

42. The method of claim 40 wherein the interspersing of the submarkers  
comprises interspersing each of the submarkers between different pairs of the encoded  
data blocks.

15 43. The method of claim 40 wherein the interspersing of the submarkers  
comprises interspersing one of the submarkers within one of the encoded data blocks.

20 44. The method of claim 40 wherein the interspersing of the submarkers  
comprises interspersing each of the submarkers within a different one of the encoded  
data blocks.

25 45. The method of claim 40 wherein the interspersing of the submarkers  
comprises copying at least a portion of the training sequence in the first portion of the  
data frame, and interspersing the copied training sequence between one of the encoded  
data blocks.

30 46. The method of claim 40 wherein the interspersing of the submarkers  
comprises copying the training sequence in the first portion of the data frame, and  
interspersing the copied training sequence between one of the encoded data blocks.

47. The method of claim 40 wherein the interspersing of the submarkers comprises copying at least a portion of the training sequence in the first portion of the data frame, and interspersing the copied training sequence between each of the encoded data blocks.

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48. The method of claim 40 wherein the interspersing of the submarkers comprises copying the training sequence in the first portion of the data frame, and interspersing the copied training sequence between each of the encoded data blocks.